



Initiative of the Office of the State Superintendent of Education

Host a Family Engagement Event

Growing Healthy Schools Month is the perfect time to engage students, families, and the school community with health and wellness activities. Family and community involvement are key to enhancing the health and well-being of students. We hope this month inspires you to plan something special that all families will be able to enjoy. Below are some recommendations for activities and projects:

ACTIVITY/ PROJECT

SUPPORTING RESOURCES

Family Fitness Night

Organize a Family Fitness Night for a couple hours after the school day ends. Provide opportunities for families to exercise and play games together. Check out [Family Fitness Night](#) for more information.

Book a cooking demo for families around preparing healthier meals

Have a chef come to the school and show parents how to make healthier meals on a budget. Find a list of organizations that offer these services at <http://osse.dc.gov/node/1047672>.

Family Breakfast, Lunch, or Snack Time

Invite parents/guardians to the school to eat breakfast, lunch, or snack with their students or help with preparing snacks. Incorporate education around nutrition and wellness. Find more information [here](#).

Health Fair

Plan a health fair for families and the surrounding community. Invite community partners with a vested interest in school and family health and wellness. Check out [Action for Healthy Kids](#) for more information.

Community Clean Up Day

Invite families to participate in a community clean-up day. Families can clean school grounds and/or volunteer to clean the yards of homes in the neighborhood. Find more information [here](#).

Family PE Class

Invite parents/guardians to experience a Physical Education class with their students and provide information about Physical Education, physical activity, and the benefits to academic performance. Find more information [here](#).

If you would like assistance planning or implementing any of these project, please contact Nichelle L. Johnson, management analyst at the Office of the State Superintendent of Education by emailing nichellel.johnson@dc.gov.

